



LET'S SEE
YOU RUN - I
THINK I KNOW
WHAT CAUSED
YOUR INJURY

AHH, YES.
PERFECT!



YOU'RE
DOING IT
COMPLETELY
WRONG!



WHAT





~ by Julia Arostegi ~

Inefficient Running Form

Unbalanced posture
Makes you run slower
& can give you back pain

High knees
SPB knees
only slightly

Heel landing
puts too much
stress on
joints

Arms over-
swinging
keep shoulders
relaxed &
arms close
to body



Large strides, low frequency it's
better to aim for shorter, faster steps

YOUR
ANKLE INJURY
WAS PROBABLY
CAUSED BY YOUR
HEEL LANDING!



When you
land directly
with your heel,
all the impact
of the stride
goes straight
to your
joints-

...like
on your
back, hip,
knees and
ankles!



HERE, I'LL
SHOW YOU WHAT

YOU SHOULD BE
DOING INSTEAD



MUCH
BETTER!



Proper Running Form

Compact arms
& keep hands slightly
clenched as if holding
something carefully

Lean slightly
forward as if
you're already
"falling" a bit
forward. This
is better when
running faster

Knees slightly
raised, aligned
just above the
feet to pro-
tect joints

It's not overworking
align hips directly
below the torso, don't

Tip landing
Feet should
land underneath
the body and
strike with the



stick your butt out

to push off the
tip or midfoot

short strides, high frequency aim for
180 foot strikes per minute - that's the
same pace as Outarost's "Hey Yes"

OH YEAH,
AND DON'T
FORGET TO
RELAX!!

H...
HOOOOOW





I know
it feels strange
to change your
stride at first,
but put it
like this

...

JUST IMAGINE
YOU'RE SOME KIND
OF.. OF GRACEFUL
CREATURE...

RUNNING
VERY
SMOOTHLY...
LIKE... like

...





A GRACEFUL
CREATURE?

RUNNING
SMOOTHLY...?
LIKE...





...LIKE AN ELF
RUNNING THROUGH
THE WOODS?!

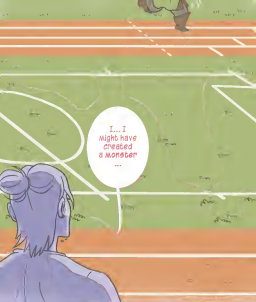




uhh
sure!











hey kids!
it's time
for some



• FREQUENTLY ASKED •

FREQUENTLY ASKED QUESTIONS*

with the Big Jo cast!!

* not really.

Q.

Jo, what are your top 5 all-time favourite books?

F-FIVE?!

DOES THAT
MEAN I HAVE
TO LEAVE
TWO
OF THEM
OUT?!



don't worry,
my babies...

I love you all
the same...



Q.

And how about Mr. H.? Do you
have a favourite book too?



Q.

To Jo and Tom: how does it feel
to have such a cute teacher?!

... SIGH*

COLLECTING

yadda

Shakespeare

yadda

sorry



Q. Tom, you do realize that if you hurt Jo we would all beat you up, right Blondie?





Q. Does Fatty Godmother have any hobbies?

Yes.

being

FAB!



Q.

Hey Jo! What's your middle name?





Q.

Joan, how many siblings do you have?



CLEARLY, TWO
TOO MANY!!

Q.

How does Mr. H. manage to be
so FAAAAABULOUUUUUSS???

WARNING: FOLLOWING IMAGES ARE EXPLICIT
AND GRATUITOUS.

Oh...
oh my
goodness...

thank
you!

I'm incredibly
flattered!





TOLD YA.





Big Jo updates every *Monday!*

nobody
asked for it,
but I done did
it anyway!



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Have some Panart lying around?
Send them to me at:



big.jo.Panart@gmail.com



[Facebook.com/BigJoComic](https://www.facebook.com/BigJoComic)



Wow, they all look so awesome!